

***Hey hey! It's time to GO!***



***Welcome to TRI NIRVANA***

**WWW.TRINIRVANA.SPACE**

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PERSONALIZED MONTHLY TRAINING MANAGEMENT  
You'll be on the podium in no time as your amazed friends turn to YOU for guidance & motivation.

☎ 093.578.8505 ✉ sam@trinirvana.space



SMART & SAM



**TRI NIRV**  
CATCH THE SUN | LIVE FOREVER  
**CATCH THE SUN  
LEVEL UP!**  
BECOME THE INSPIRATION FOR OTHERS

TRI-NIRVANA'S ELITE & EXPERIENCED TRIATHLETE COACHING TEAM (SMART & SAM) ARE SPECIALISTS ON THE FOLLOWING CORE ELEMENTS:

- MOTIVATION & DRIVE (แรงผลักดัน)
- BEHAVIOURAL CHANGE (เปลี่ยนแปลงพฤติกรรม)
- CORE STRENGTH & CONDITIONING (เพิ่มความแข็งแรงของลำตัว และความพร้อมของร่างกาย)
- FLEXIBILITY (ความยืดหยุ่น)
- FOCUS TECHNIQUE (SWIM/BIKE/RUN)
- FOCUS ENDURANCE (SWIM/BIKE/RUN)
- NUTRITION (โภชนาการ)
- TRIATHLON EQUIPMENT ADVICE (ปรึกษาและให้คำแนะนำด้านอุปกรณ์)
- RACE STRATEGY (กลยุทธ์ทางการแข่งขันขั้นสูง)



## LEVEL UP FASTER!

This is the next big thing.

Customised Monthly Training Management on our PREMIUM TRAINING PEAKS COACHING ACCOUNT based on your ability, race calendar & training availability. A dynamic plan that we will adapt for your personal needs & training focus. Just open the Training peaks app & LEVEL UP! Too EASY! Your days will be packed with motivating new training activities designed to help you LEVEL UP even faster - KEEP ROCKIN' and give it your best!

[Download Training Peaks App](#)

## VIDEO & PERFORMANCE FEEDBACK

Optimised!

ELITE ZONE PACKAGES \*(price/month includes PREMIUM TRAINING PEAKS SUNSCRIPTION) with expert activity monitoring & analysis.

Maximised Nutrition

Motivation & direct interaction with the coaches via Skype & 1st option priority for 1-1 private coaching at the location of your convenience.

100% Chill Out for a 200% Level Up

We can train you at your own home!  
IT'S JUST LIKE HAVING SAM & SMART IN YOUR POCKET! LITERALLY!





# Monthly Training Management

- TRAINING PEAKS APP SET UP FOR COMMUNICATION & FEEDBACK
- ATHLETE ASSESSMENT & PLAN DESIGN
- FREE TEAM SESSION DROP INS
- ONLINE CONSULTATION WITH ELITE PROS
- CONTINUOUS FEEDBACK
- VIDEO ANALYSIS & SKYPE

Like us? Choose a training package!

any package you'll choose will be AWESOME!

BASIC MONTHLY

₱

7k

/MONTH

1 Month

1x Private Session

Video Analysis

Continuous feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

BASIC QUARTERLY

₱

6k

/MONTH

3 months

1x Private Session

Video Analysis

Continuous feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

6 MONTH + ELITE ZONE

₱

5k

/MONTH

6 Months + ELITE ZONE ACCESS

ELITE ZONE ACCESS

3x Private Sessions

Video Analysis

Continuous EXPERT Feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

12 MONTH + ELITE ZONE

₱

4k

/MONTH

12 Months + ELITE ZONE ACCESS

ELITE ZONE ACCESS

6x Private Sessions

Video Analysis

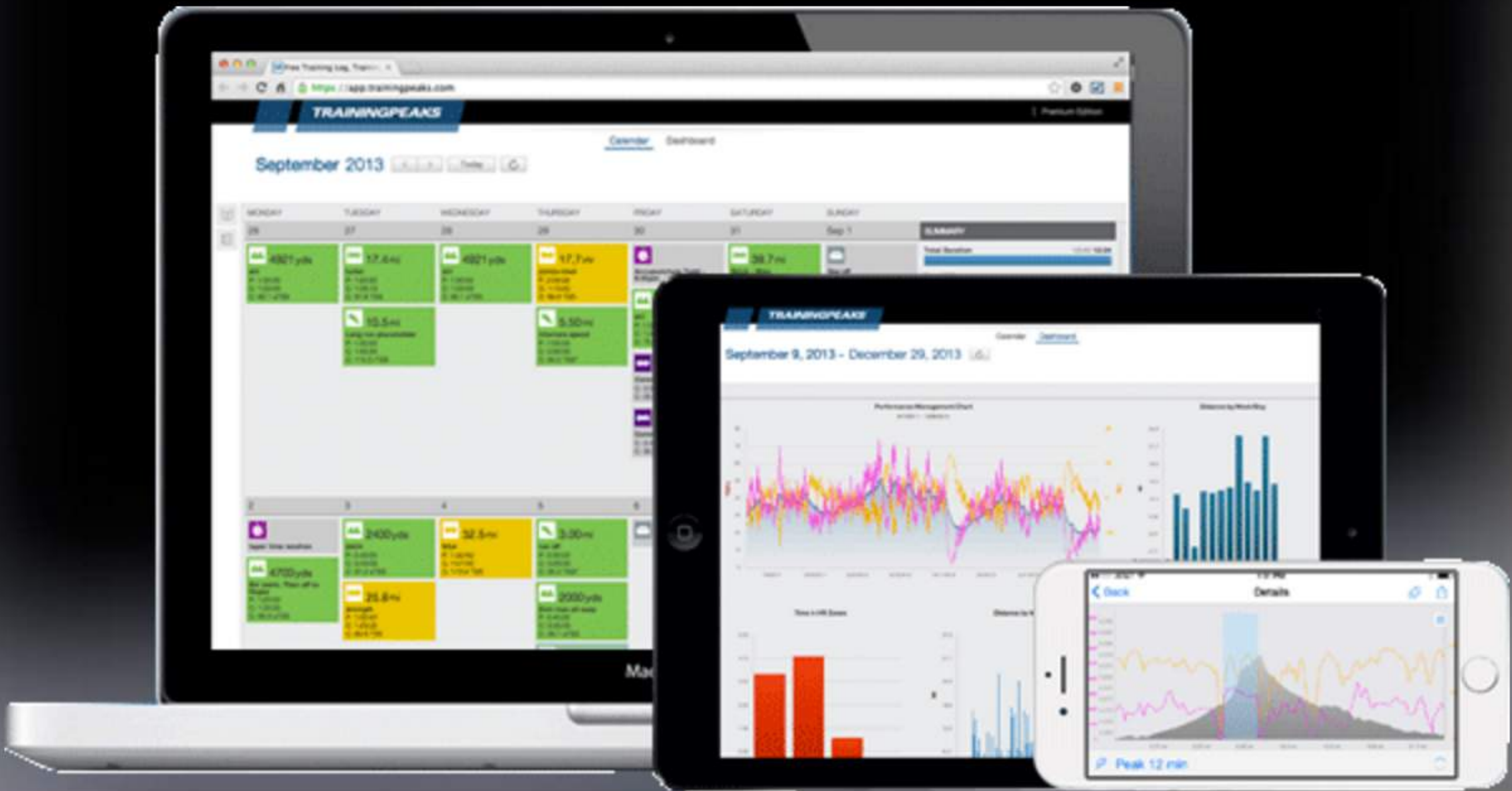
Continuous EXPERT Feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

Put Sam & Smart in your pocket & LEVEL UP!

SPRINT, DUATHLON, SWIM, BIKE & RUN focus plans available!



MOTIVATION



TECHNIQUE



ENDURANCE



RACE STRATEGY



# ***PRIVATE COACHING***

***฿10,000 / 12 SESSIONS***

*Please note that weekend sessions are longer in duration*

฿1,500 / 1-TO-1 PRIVATE SESSION (WEEKDAY)

฿1,500 / 2 PEOPLE GROUP SESSION (WEEKDAY)

฿2,000 / 3 PEOPLE GROUP SESSION (WEEKDAY)

฿2,000 / 1-TO-1 PRIVATE SESSION (WEEKEND)

฿2,000 / 2 PEOPLE GROUP SESSION (WEEKEND)

฿3,000 / 3 PEOPLE GROUP SESSION (WEEKEND)

***Train 1-1...***  
***Train as a group***



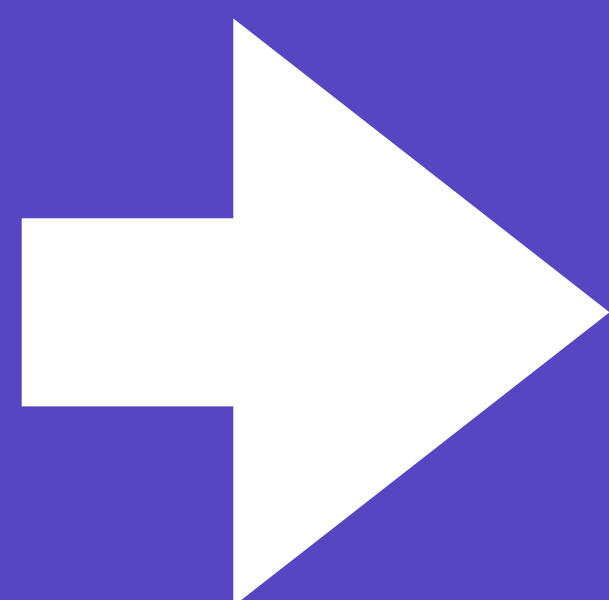




# ***T-Shirt & Training Plan***

**฿1,000**

**CHOOSE YOUR FOCUS**



- LIMITED EDITION TRI NIRVANA ST 100% COTTON T-SHIRT
- 1-MONTH TRAINING PLAN (CHOOSE YOUR FOCUS)

1. ALL ROUND
2. RUN BLITZ
3. ENDURANCE
4. SWIM SMART
5. QUEEN'S CUP CONTENDER\*\* HUA HIN 2016

*Please note that weekend sessions are longer in duration*

## ***T-Shirt & Training***

# ***1000 Baht!***



# FREE WEEK!

***You'll get lots of juicy tips & tricks via email!***

**MON**

**CHILL OUT!**

**TUES**

**RUN:** 90 MINS STEADY PACE @ EASY-MEDIUM EFFORT

**WED**

**BIKE:** THRESHOLD: **WU:** 15MIN EASY, 5MIN OF 30SEC FAST REST30SEC, 10MIN EASY BIG GEAR,  
**MAIN:** AS (FAST, FASTER, FASTEST): 3X(10MINS, REST2MIN EASY RIDE IN BETWEEN)  
**CD:** 15-30MIN HIGH CADENCE

**THUR**

**SWIM:** **WU:** 400M YOUR CHOICE (MIXED STROKES), 8X50M KICK&DRILLS, REST30SEC, 4X50M NEGATIVE SPLITS, REST60SEC,  
200M BUILD INTO MAIN SET, **MAIN:** 10 SETS FROM BELOW, (4X50M, REST20SEC): 50M FOCUS KICK HARD+HEAD DOWN, 50M  
GOOD REACH+GOOD ENDING PUSH, 50M GOOD POWER+GOOD STROKE RATE, 50M MIX ALL **CD:** 600M YOUR CHOICE

**FRI**

**BIKE:** 75-90MINS: BUILDUP EASY TO MEDIUM EFFORT, NATURAL CADENCE

**SAT**

**RUN:** 90MINS BUILDUP (EASY30-MEDIUM30-HARD30),  
**BONUS:** 5X(30SEC FAST, 90SEC EASY JOG), **CD:** 10MIN JOG

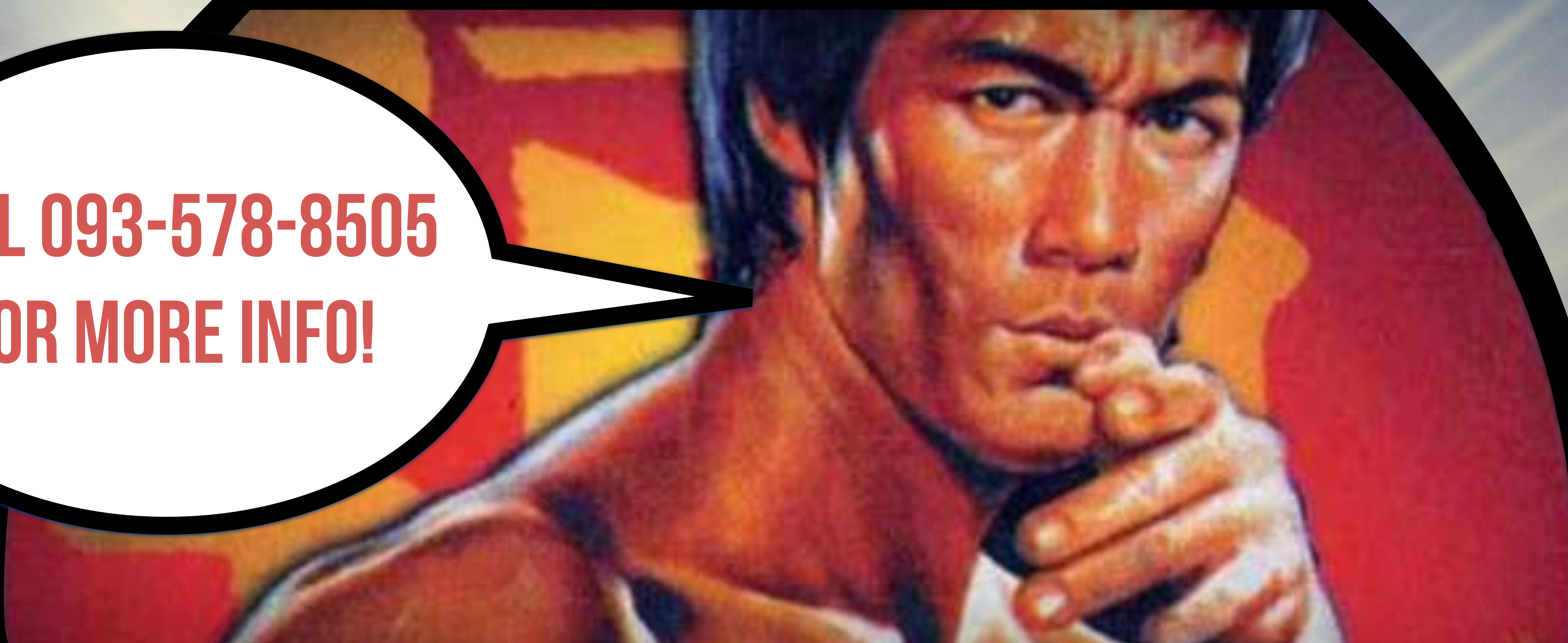
**SUN**

**BIKE:** 2.30-3HRS EASY-MEDIUM (FOCUS GOOD BALANCE OF POWER HEART RATE & CADENCE)



***Congratulations!  
What will you LEVEL UP next?***

**CALL 093-578-8505  
FOR MORE INFO!**



***“You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash. Become like water my friend.”***

***BRUCE LEE***

***Follow  
@chotibund  
@smartychan  
@tri\_nirvana\_st  
4 inspiration***

***THANK YOU .. Time to LEVEL UP!***



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